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OLŠINA
1.-3.9.2017



2nd EDITION OF THE SWISS
SPORT PHENOMENON!



Gigathlon

CZECH REPUBLIC 

GENERAL INFORMATION GUIDE

holiday resort Olšina
1–3 September, 2017

CONTENT 2017 GIGATHLON



Gigathlon
CZECH REPUBLIC 

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PROLOGUE

GIGATHLON 2017

Dear fans of sport,

I am honoured to welcome you in South Bohemia. I am very pleased that after last year's successful premiere, Gigathlon Czech Republic will return to Šumava again. This time you have chosen very interesting and tourists an almost undiscovered location. The surroundings of Olšina was only in 2016 separated from the Boletice military training area and after more than half a century open to the public. I believe, you will enjoy five sports disciplines properly, which you have to additional master in to days twice. Enjoy not only the race itself but also the company of the same sporty heated rivals and the beauty of nature, which you will see on on bicycles, in-line skates, running and swimming.

The most beautiful view of the world is allegedly from the saddle of a horse, but even from the saddle of the bike is worth it. Remember when you're passing Český Krumlov, Rožmberk nad Vltavou, Vyšší Brod and along the bank of Lipno dam. Swimmers will swim in calm water of the Olšina pond, the highest-laid breeding pond in the Czech Republic. You can enjoy the run on the forest paths of the Šumava hills. In-line skating and mountain biking tracks will take you to the beautiful countryside as well.

I wish you to enjoy the Gigathlon Czech Republic 2017 especially in health. Let experience unrepeatable moments with your friends, rivals and event organizers. I believe you will become a regular visitors of our beautiful region.

Mgr. Ivana Stráská

Governor of the Region of South Bohemia



Dear Gigathletes,

After a year our growing Gigathlon family meet again in a beautiful surroundings here in Šumava. I really appreciate the fact that you are helping me to live my dream and to build a unique and great event in the Czech Republic that wants to be different from the other races, especially with its atmosphere and experiences. The premier last September in Lipno exceed our expectations and was extremely successful. Now we have a job to repeat everything that has been done well and to add a bit of experiences from the last year so that you will feel wonderful. It will help me a team more than 20 organizers to which now a hundred volunteers will join in Olšina. Gigathlon would not exist without you. Thank you many times for your determination and help. Gigathlon has the ambitions to become a popular event in the Czech Republic that you are returning to and which will appeal to more and more enthusiasts like you every year. Thank you for coming to Olšina this year and if you liked Gigathlon, please say so!

I wish you beautiful sports weekend!

Honza Plachý – main organizator of Gigathlon Czech Republic



LOOKING BACK AT THE LAST YEAR

Historically the first endurance race Gigathlon Czech Republic took place at first weekend in September (2. – 4.9.2016) by the Lipno dam in South Bohemia. His participants had to manage five disciplines for two days, they were swim, in-line skates, road bike, mountain bike and running. The tracks were measured 268 kilometers in total. 285 competitors from nine countries took part of this big challenge.

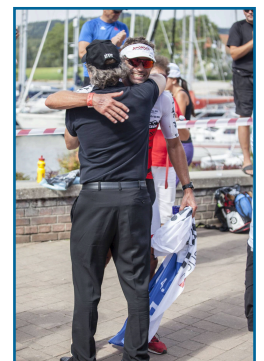


The concept of Gigathlon is except the sports site about the cognition of beautiful places in the organizing region. The tracks are planned due to the unusual experiences not just focused on the sport performance. And that was by the first year Gigathlon on our territory. On the running track the Gigathlets ran to the Treetop Walkway and slided down on the slide. The road cyclists went through historical city centre of Český Krumlov (the same section is prepared this year of the Saturday program). The mountain bike track led through the courtyard of cistercian monastýry in Vyšší brod. The in-line skaters went to the lake path along Lipno at sunrise. And swimmers enjoyed the unique start of their discipline on the Rabbit island and swam to Lipno nad Vltavou. Lipno nad Vltavou was center of first race Gigathlon and provided a great background of whole race.

The absolute winner of the race has become swiss racer Ramon Krebs. His time was 12:03:56 and he is also the Gigathlon Switzerland winner 2015 and 2016. First woman, Tina Vliegen from Belgium gave a remarkable performance and was only 2:40 later behind the winner. The second and third women arrived 5 hours later. The oldest Single Man, who finished the race, was 62 years old Jiří Karvánek.

Premiere Gigathlon Czech Republic was prepared more than 2 years. The team that was preparing the race itself included 25 members of organizational team and 100 volunteers. The most numerous group of volunteers were seniors from the club Aktiv České Budějovice. The oldest volunteer was 90 years old. All seniors enjoyed unique weekend, took part in the sporting social event and „felt necessary“. This koncept proved to be good so you can enjoy the support of club Aktiv České Budějovice again.

The participants were enthusiastic about the koncept of the race they experienced for the first time and has no similarity in Czech Republic. The first year has established tradition that will continue every year. We will meet every first weekend in September, like now - in Olšina.

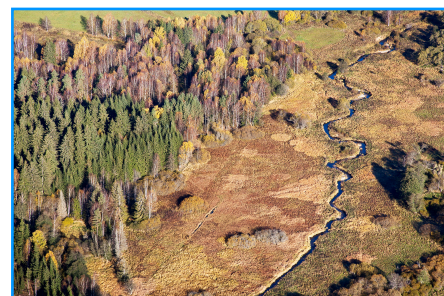


PRESENTATION OF OLŠINA 2017 GIGATHLON



Olšina – the oasis of calm in the virgin nature of „forbidden“ Šumava

The highest placed breeding pond in Czech Republic Olšina is together with the recreational facilities of the same name located on the slopes below boletický Špičák upon the Lipno dam. The water area from the 14th century is found in the unique natural habitat. The area was the part of the neighboring military training space Boletice. For decades it was protected from the civilization rush. Olšina is the oasis of calm in the virgin nature of until recently „forbidden“ Šumava. You have all attractions of South Bohemian mountains within reach – from the National Park Šumava, over the Lipno dam and Novohradské hory, after the Schwarzenberg channel.



The recreational facilities Olšina itself offers a wide range of accommodation and accompanying services. Olšina offers a hotel accommodation, family cottages, villa houses and the tourist hostel. You have rush of the Lipno beaches, the best skiing areas, the Šumava cycling and hiking trails within reach. Or you can go on a trip from nearby forest train station Hodřov. You can use the pittoresque local train to Schwarzenberg channel, to the highest located czech train station Kubova Huť under the Boubín or to Český Krumlov.

Vojenské lesy a statky ČR: Unique nature, care with the tradition

The operator of the recreational facility is company Vojenské lesy a statky ČR (VLS). This company manage also the unique natural locations in the nearest. The state-owned corporation with almost 90 years of tradition takes care of six exceptional natural complexes. These complex have an area 125 square meters and represent 5% of czech forests. The territory under the administration of VLS belongs to the best forest location in Europe. The state company takes care about forest management, hunting rights, as well as agricultural production and fishing. On the territory of the VLS there are dozens of rare species of plants and animals. You will not find them in the common cultural landscape. The company realizes czech part of the international program in the north bohemian region Ralsko. This program try to return to the free nature critically endangered European bison.



PARTNER CITIES

2017 GIGATHLON

The biggest thank of whole organizational team belongs to South Bohemian Region. And we also thank all Partner cities which are on Gigathlon tracks this year.

Český Krumlov

Český Krumlov is a city of cultural heritage. There are 300 protected buildings in the historical centre. It is second largest castle complex in the Czech Republic with the oldest Baroque theatre in the world. These monuments are included on UNESCO World Heritage Site.



The city is located in beautiful nature in hilly countryside. It is perfect place for hiking, biking, horseback riding, golfing, rafting and canoeing. The Lipno Dam, the Protected Landscape Area Blanský les and the Šumava National park are all within easy reach.

Černá v Pošumaví

Černá v Pošumaví is largely surrounded by the Lipno Dam. From Spring to Winter you can see seven-kilometers surface with the different face every day. In the Winter it is mirrored the snowy Hochficht. On Easter, the landscape is full of fresh green. Summer time invites you for swimming. Autumn is a palette of colors and you will be surprised by waves, that the wind picks up. You can not find whiter winter than by the Lipno Dam.



The visitors have a lots of options how to spend free time in Černá v Pošumaví. They are in close contact with the lake and nature of protected landscape area Šumava. Very interesting the options are for water sportsmen, cyclists, families with children and fishermen.

Horní Planá

Horní Planá is a biggest town by the Lipno Dam in the quiet part. We can say, that the show-business ends here and real and genuine Šumava starts with bushy forests, shipping channels and fascinating nature. The most beautiful view on Horní Planá is from the hill Dobrá Voda. Near you will see Lipno lake with a ferry, distant peaks of Austrian Alps in good weather conditions. Labeled routes Nording Walking complement network of in-line and bicycle paths. You can rent a sailing boat and try yachting. There are tidy cross-country and skating tracks on the frozen surface in Winter.



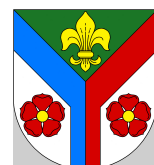
Nová Pec

A village Nová Pec is placed in the Prachatice district. At the beginning of 2016 there lived 444 inhabitants. Today's Nová Pec is still a woodland settlement. Work in forestry occupies the largest percentage of the labor market. The other work opportunities are offered in tourism and services as work in the Šumava National Park.



Stožec

Stožec lies in the valley of the Studená Vltava river. This Šumava's village is distant 15 km from Volary and 30 km from district town Prachatice. Štůžec is the biggest village in South part of the National Park and the Protected Landscape Area of Šumava. It is also a important center of tourism.



Partner:



COURSE CONCEPT

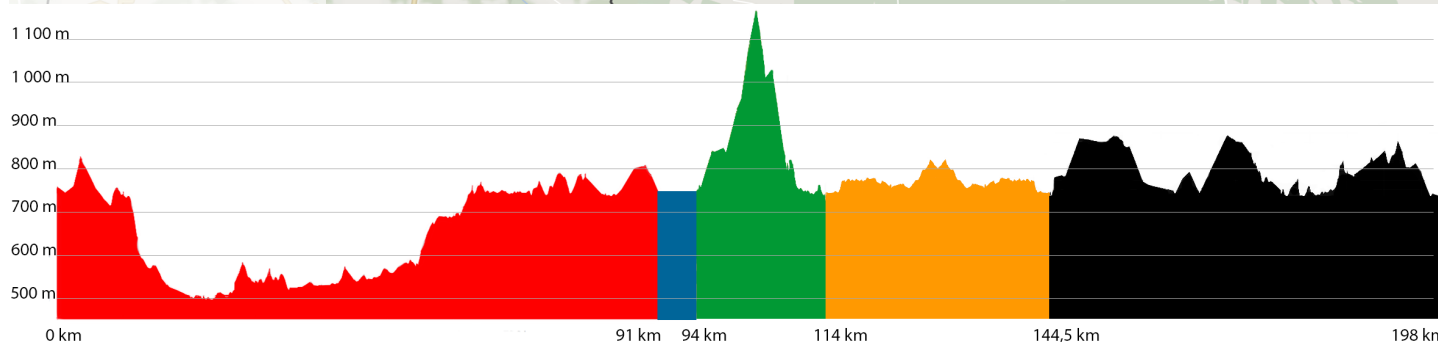
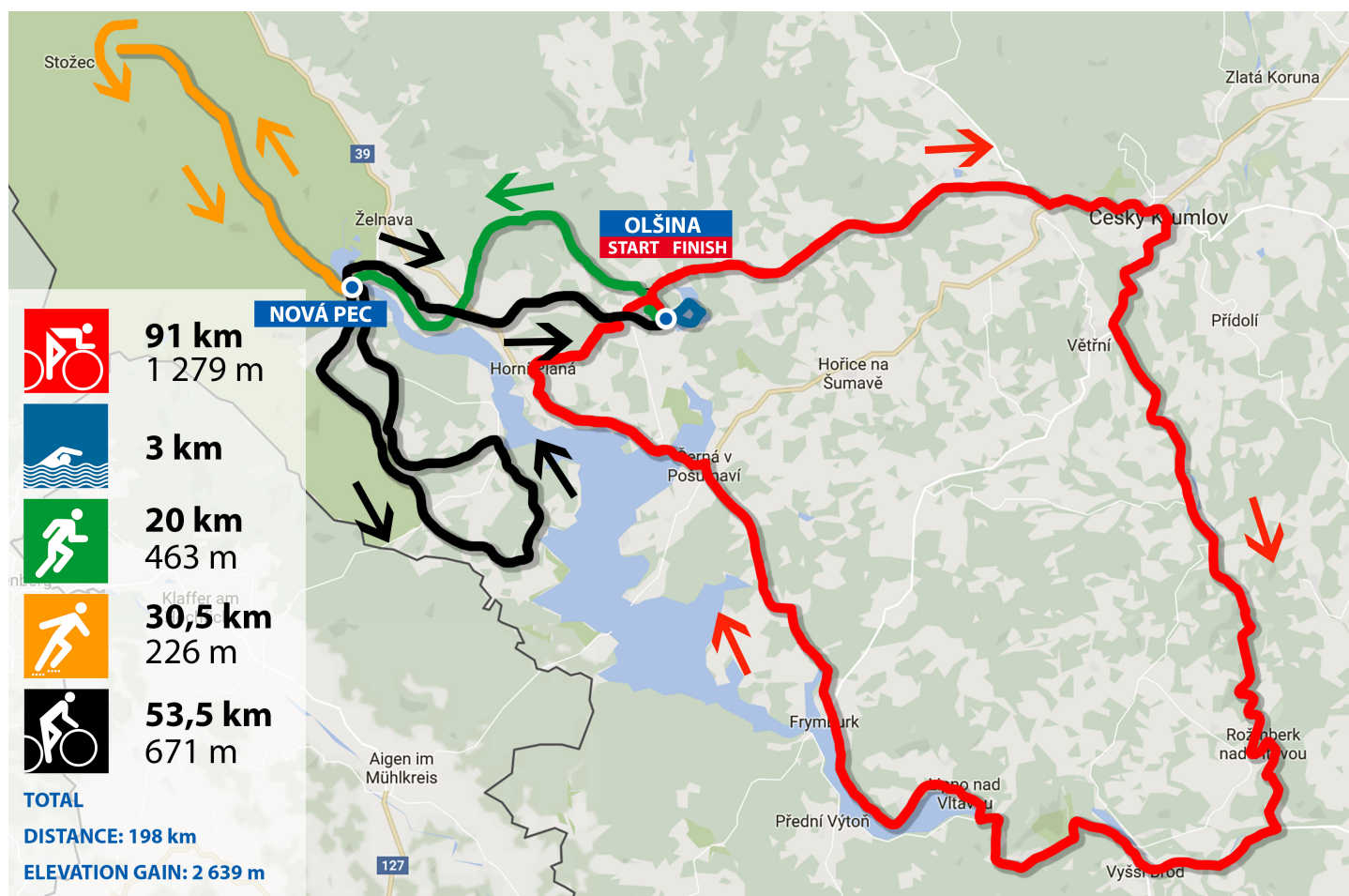
2017 GIGATHLON

CHALLENGE SATURDAY (2. 9. 2017)

This year everything will take place again around the beautiful Lipno dam, on which we will look at from several new interesting places and cardinal points. The Saturday race will start with the ROAD BIKE from Olšina, where there is the start and the finish of the race. Bikers ride along the Vltava river. Compared to other races, hooking and riding in the groups is allowed. They get to the pictorial Český Krumlov, through which they will return upstream of the Vltava River to Lipno and via Černá in Pošumaví back to the start position.

SWIMMERS will take up the relay. They will swim in beautiful, calm water right in Olšina. In addition to the swimming part there will wait a short run by the land and the refreshment station. The third discipline is RUNNING. Running track leads more off the road rather along the forest paths directs to the beautiful, but hilly landscape of Šumava to Nová Pec, where the INLINE SKATING starts. The magical route along the trail of the former race "Stožecká brusle" is waiting for the skaters. They can fully enjoy the speed of their good prepared roller skate on a closed route for motor vehicles.

The last discipline is the MOUNTAIN BIKE. The tracks are not so technically demanding as last year. The competitors will be rewarded with beautiful views of landscape of Šumava.

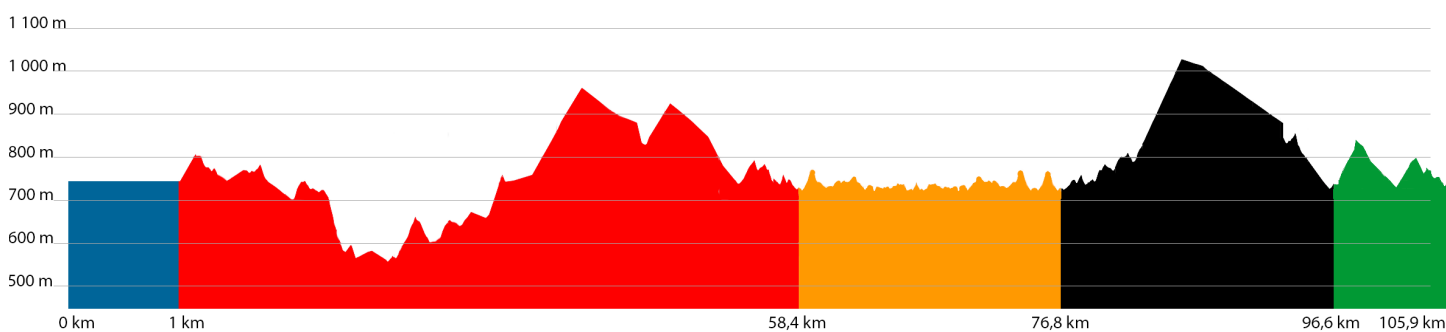


RELAX SUNDAY (3. 9. 2017)

The Sunday concept builds on the premiere year of 2016 when we want to the participants spend more time together and enjoy the team atmosphere. Sunday routes are not as long and demanding as on Saturday. The bigger emphasis is put on attraction and places of interest which way the routes will lead. The great atmosphere and unforgettable sporty experience is waiting for all racers at the finish in Olšina and it does not matter if you participate as Single, Couple or part of the relay Team of Five.

SWIMMING is the first discipline on Sunday. The fastest racers starting at intervals and then the others wait for a mass start. ROAD BIKE is the next discipline after the swimming part. The participants will go into Boletice military space. The Sunday part is shorter but due to two challenging 12% climbs not so easy.

INLINE SKATING is waiting for Gigathlete after arrival in to the second main place of the race Nová Pec. Competitors will take the road around Lipno dam to Horní Planá and back. Penultimate discipline of weekend race is MOUNTAIN BIKE on which the bikers return across Boletice military space back to Olšina. In the first part it will climb more. The second part will be enjoyed by lovers of fast bikes who will be able to gain valuable seconds before the last discipline.



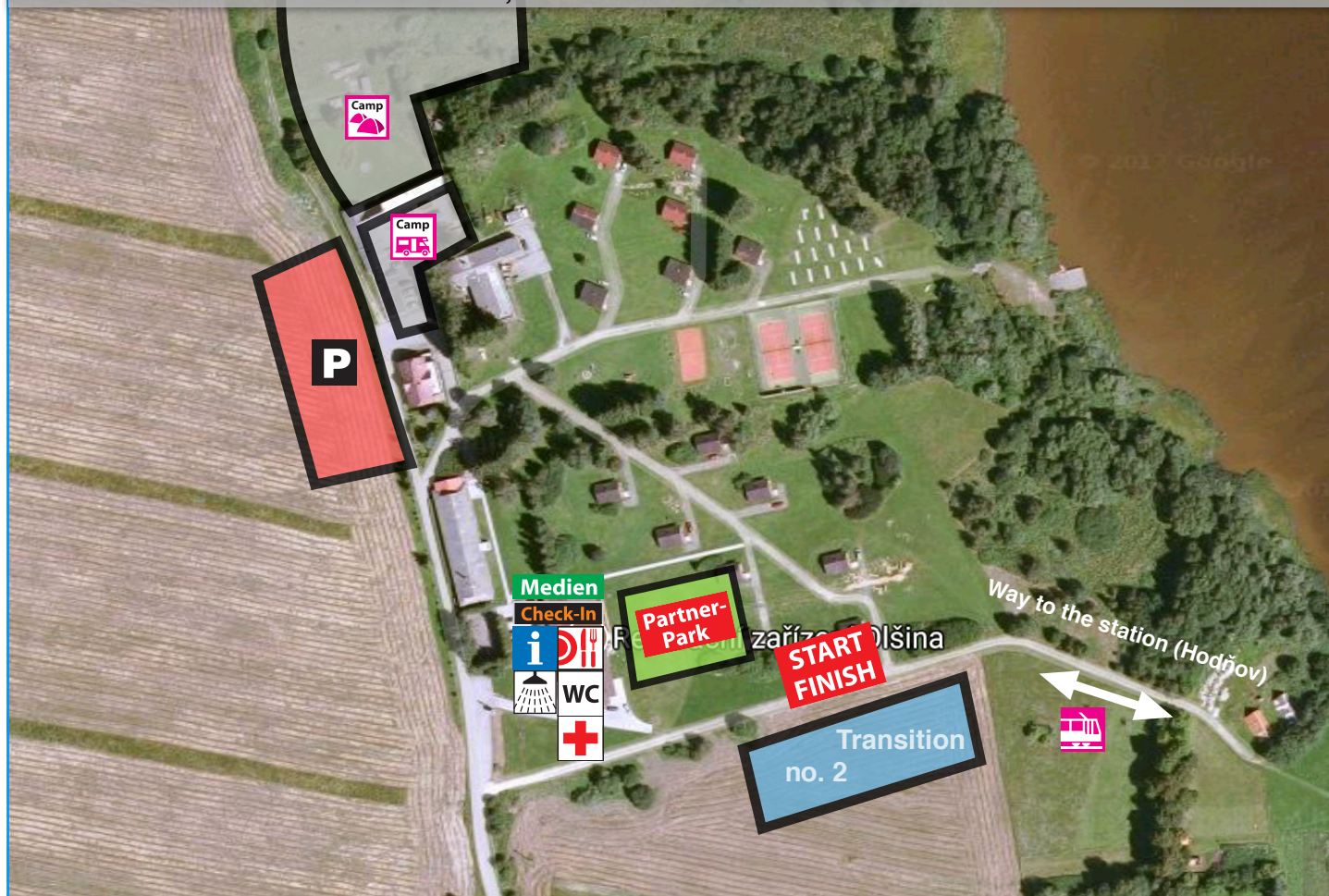
Partner:

SAFICHEM assets

HOMEBASE 2017 GIGATHLON

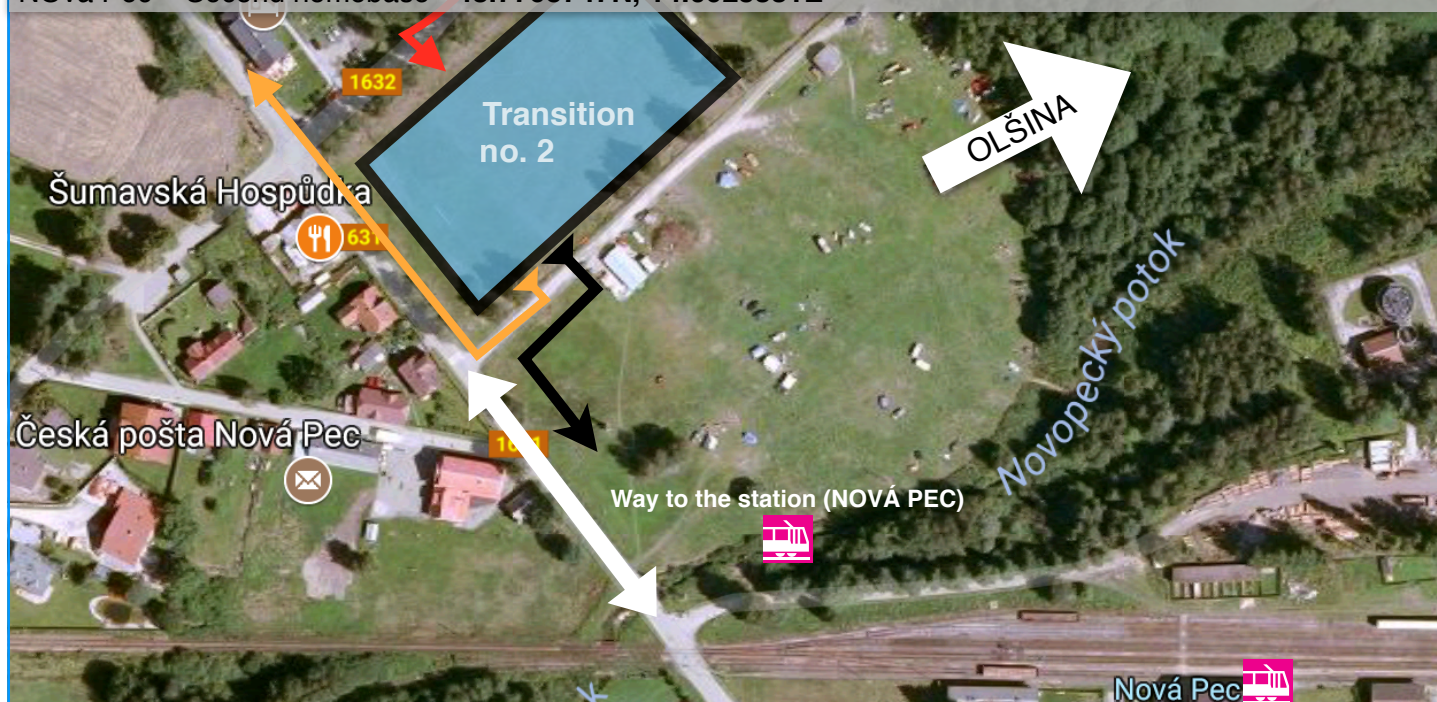
Maps of Olšina

Olšina = Main homebase - 48.7795747N, 14.0923881E



Maps of Nová Pec

NOvá Pec = Second homebase - 48.7795747N, 14.0923881E



TRAIN TIMETABLES

2017 GIGATHLON

Train Hodňov (Olšina) - Nová Pec

SATURDAY

Hodňov	Nová Pec
7:46	8:09
9:37	10:07
10:40	11:01
11:45	12:07
13:42	14:07
15:42	16:07
17:32	18:07

Train Nová Pec - Hodňov (Olšina)

Nová Pec	Hodňov
9:52	10:16
11:52	12:23
13:52	14:15
14:49	15:16
15:52	16:15
17:52	18:15
19:48	20:15

SUNDAY

Hodňov	Nová Pec
7:46	8:09
8:37	9:05
11:45	12:07
13:42	14:07
15:42	16:07
17:32	18:07

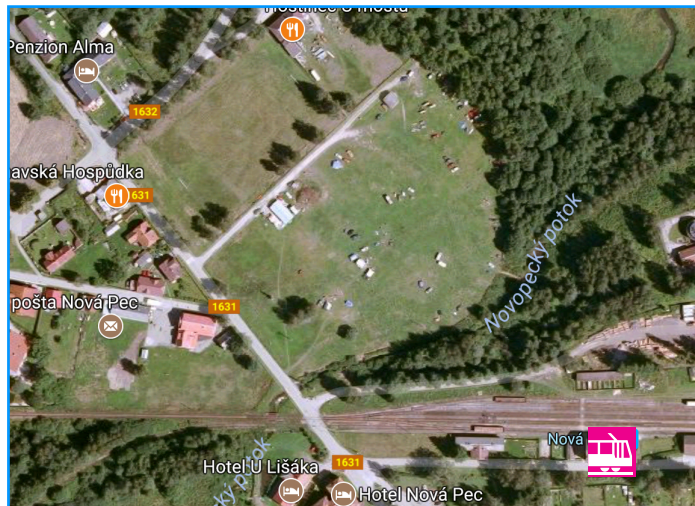
Nová Pec	Hodňov
9:52	10:16
11:52	12:23
12:25	12:54
13:52	14:15
15:52	16:15
17:52	18:15

* Gigathlon special trains.

OLŠINA



NOVÁ PEC



Partner:



kilpi®

TESTED BY NORTH


LOGISTICS

2017 GIGATHLON


Gigathlon it is not only 5 disciplines race. There is still one very important thing outside the transition zones that affects the whole race. It is just logistics. This year we prepared two transition zones (Olšina and Nová Pec) and all Gigathletes have to plan everything carefully who is going to do and what time. You will find few advices and recommendations underneath.


We recommend to use train for moving on the route Olšina – Nová Pec. The length of ride is aprox. 20 – 30 min accordind to the train connection. Time table is listed on the page 10. In sporadic cases you can use your car. In Nová Pec there is very limited parking. It is aprox. 17 km from Olšina to Nová Pec.

SATURDAY 2.9. 2017


 Road cycling and swimming have start and finish in the main transition zone Olšina. Here will be Supporter helping his/her single Gigathlet with refreshment, changing of clothes atc. After leaving the transition zone on the running track Supporter will travel to Nová Pec with MTB and inline skates. Gigathlet will wear inline skates after running in the transition zone Nová Pec and return to the same place. Then Gigathlet will change for MTB and go back to Olšina. Supporter will follow the racer to the finish with inline skates and running equipment.

First three disciplines will start in the transition zone Olšina (Road cycling, Swimming and Running). The other two disciplines (Inline skates, Mountain bike) in the transition zone Nová Pec. Gigathlet, who does not pass the running part, must bring MTB and inline skates to the transition zone Nová Pec. Gigathlet, who does not pass the final MTB part, must bring back inline skates and running equipment to Olšina.


 We recommend to choose swimming and running when choosing a combination of disciplines. Second competitor will have enough time to move from Olšina to Nová Pec.


 Team of Five has simpler logistic. First three Gigathlets will start their disciplines from Olšina (Road cycling, Swimming, Running). The other two (Inline skates, Mountain bike) have to move to transition zone Nová Pec.

SUNDAY - 3.9. 2017

 Sunday program will start very similar. After swimming Gigathlet has to move on the road bike from Olšina to Nová Pec. Inline skates and MTB equipment must be moved to Nová Pec. After MTB Gigathlets will run to the finish in Olšina. Supporters will move to the same place.

After swimming Gigathlet will ride on the road bike from Olšina to Nová Pec. Second Gigathlet has to move Inline skates and MTB equipment to second transitional zone.

 We do not recommend to choose third discipline (In-line skating) and the final (Running) when choosing a combination of disciplines. MTB route could be reached in 45 minutes and second competitor can have only very short time for moving.

 It is very important for all Gigathlets to be on time. They need to have time reserve. Swimmers and Road cyclists will start from Olšina, the other two (Inline skates and Mountain bike) will move to Nová Pec. The last member will run in Olšina again. Gigathlets, who complete Road bike and Inline skates, will go back to the finish in Olšina.

SCHEDULE 2017 GIGATHLON

FRIDAY, 1. 9. 2017

14:00 - 21:00	Accreditation
16:00 - 23:00	Drop off bikes to the depot
17:30 - 22:00	Dinner
18:30 - 19:30	Info meeting
20:00 - 20:30	Opening Ceremony

SATURDAY, 2. 9. 2017

5:00 - 9:00	Breakfast + Lunch package Pick-Up time
6:30	Start – Road cycling (Olšina)
9:00	Expected arrival time of the first cyclist
9:00 - 10:30	Continuous start of Swimming (Olšina)
9:30	Expected arrival of the first swimmer
9:30 - 12:30	Continuous start of Running (Olšina)
12:30	Cut off time Road cycling + Swimming
12:30	Running mass start
10:50	Expected arrival of the first runner
10:50 - 15:00	Continuous start of In-line (Nová Pec)
11:35	Expected arrival of the first in-line skates
11:35 - 18:30	Continuous start of MTB (Nová Pec)
18:30	Cut off time Running + In-line
18:30	Mass start MTB
13:35	Expected arrival of the first Gigathlet
13:40 - 22:30	Finishing of the other Gigathlets
22:30	Cut off time MTB
9:00 - 23:00	Drop off bikes to the depot
17:00 - 23:00	Dinner (Olšina)

SUNDAY, 3. 9. 2017

5:00 - 9:00	Breakfast + Lunch
6:30 - 7:00	Recommended departure for first swimmers
7:00	Start of the fastest racers
7:00 - 8:00	Continuous start method of Gundersen
8:00	Swim mass start
7:10	Expected arrival of the first swimmer
7:10 - 8:45	Continuous start of Road cycling
8:50	Expected arrival time of the first cyclist
8:50 - 11:45	Continuous start of In-line
11:45	Cut off time Swimming+Road cycling
11:45	In-line mass start
9:20	Expected arrival of the first in-line skaters (Nová Pec)
9:20 - 14:15	Continuous start of MTB (Nová Pec)
10:05 (Olšina)	Expected arrival time of the first biker
10:05 - 15:15	Continuous start of Running (Olšina)
15:15	Cut off time In-line+MTB
15:15	Running mass start
10:35	Expected arrival of the first Gigathlet
16:45	Expected arrival of the last Gigathlet
16:00	Medal Ceremony (The announcement time may vary depending on the speed of the last race's completion)
11:30 - 17:30	Lunch
17:30 - 18:00	Dismantlement of the depot (Olšina)




Partner:







KEYS TO SYMBOLS

2017 GIGATHLON

Category

-  Single
-  Couple
-  Team of Five





Discipline

-  Swimming
-  Running
-  In-line
-  Velo
-  MTB
-  Hand bike


Course

-  Swimming
-  Running
-  In-line
-  Velo
-  MTB




Transition

-  Swimming > Velo
-  In-line > Velo
-  MTB > Running
-  Velo > In-line

Sign

-  Direction
-  Direction
-  Marking tape

Refreshment

-  Refreshment points
-  Catering
-  End of the waste zone




Servis

-  In-line service
-  Wetsuits service
-  Bike service
-  Bike wash





Transport

-  Train




Parking

-  Single
-  Couple
-  Team of Five



Camps

-  Campsite
-  Camper parking
-  Changing rooms
-  Barrier-free camp













Toilets and showers

-  Barrier-free WC
-  WC
-  Showers

Health

-  Medical
-  Massages

Other

-  Photo point
-  Charging station
-  Info point
-  Start
-  Finish
-  Partner park
-  No cycling
-  No cars
-  Both directions traffic
-  Attention
-  Media
-  Accreditation

REGULATIONS

2017 GIGATHLON

The event is hereinafter referred to as “Gigathlon”. These regulations relate exclusively to the Gigathlon Czech Republic 2017 and do not apply to events held outside Czech Republic.

A. Terms

Supporter

The official accredited helpers of Gigathletes are called supporters. They are required to be visibly identified during the whole race and wear Supporter vest provided by the organization throughout all the race.

External persons

Everyone who is not accredited counts as an external person, mainly spectators.

B. Brand and Logo

The Gigathlon brand, the Gigathlon logo, the silhouettes and the pictograms are copyright protected trademarks and they shall not be used without the written agreement of the organizer. It is especially forbidden to print T-shirts with our trademarks without permission. The use of the logos is restricted to the organizer, sponsors and partners who make it possible to stage the Gigathlon. It is also forbidden to use the “Gigathlon” brand for commercial advertising purposes or for offers associated with the event.

C. General Rules

1. Form of competition

The Gigathlon Czech Republic 2017 is divided into two one-day stages of different lengths. One will take place on Saturday September 2, 2017 and one on Sunday September 3, 2017.

2. Categories

Single Woman and single Man: woman or man who competes in the whole race alone.

Couple: two competitors as a team, at least one has to be a woman. Each person competes in at least two disciplines per day. The rules laid down by the organizer governing the allocation and the obligatory combinations of disciplines must be observed.

Team of Five: Five competitors as a team, at least two have to be female. Each one has to compete in one discipline per day.



3. Responsibility

Each participant is responsible for being in good shape, properly trained and physically healthy at the time they participate in the Gigathlon. Participants are expected to comply with these regulations, the Road Safety Rules, the requirements of the organizer, and the directions and instructions of all the race officials and public authorities.

Only persons older 18 years can participate in the Gigathlon race in Single and Couple categories. Adolescents between 15-18 years are only allowed to participate with the written agreement of their parents, which must be submitted together with their registration via email to info@gigathlon.cz, and they may only participate in the Team of Five category. Persons younger than 15 years of age cannot participate in the race.

4. Disciplines, participant behaviour

It is prohibited to obstruct another participant in any manner, such as by bumping, striking, pushing them out of the way, obstructing their path, sabotaging the equipment of others, or causing any detriment to other competitors. If the competitor leaves the race course and then enters the race again, he/she must start from the same point at which he/she left. It is not permitted to take any shortcuts, to omit a part of the course or to somehow gain unfair advantages for oneself.

If, during the race, competitors end them selves in front of a closed railway level-crossing barrier or a red light, the time will not be stopped or credited. The instructions of the staff must be strictly followed. If participants cross a closed levelcrossing barrier or a red light, they will immediately be disqualified. Participants will also be disqualified if they cross any security markings; it makes no difference whether this happens in a straight section or in a curve.

5. Registration / Application / Entry fees

The application can only be made through online registration system at www.gigathlon.com.

Entry fees

Entry fees, early bird offers and possible discounts as well as payment details are available online at www.gigathlon.com bellow the Gigathlon Czech Republic 2017 section. For the Single category, the entry fee accounts for one participant and one supporter.

Confirmation of the registration

Application is only valid and the participant is signed up for the race only after the payment has been received by the organizer. Once payment has been received, the event organizer will send an email to confirm the application for registration and issue an authorization to record the names of the supporters and/or team members on the registration portal. The Team Captain can then invite the team members to join the team, allocate the disciplines and amend the team information.

REGULATIONS

2017 GIGATHLON

No refund of entry fee / cancellation insurance

Entry fees cannot be reclaimed once a start ing position has been purchased. Even if Gigathlon has to be interrupted, shortened or cancelled, participants are not entitled to a reimbursement. Participants are recommended to take out cancellation cost insurance so that the entry fee can be claimed back in the event of emergency or illness

6. Check-In

The check-in will take place on Friday September 1, 2017 from 2 pm till 9 pm at Gigathlon central village in Olšina. During the check-in times, all participants (and not only the Team Captain) must pick up their race package in person. For each Gigathlete who fails to show up at the same time, a time penalty of 60 minutes will be added to the overall time. At the check-in, all team members must present an identification document (ID card, passport, driver's license or the like). Bikes (both road bikes and mountain bikes) of all participants that will be used during the Gigathlon on Saturday has to be delivered by the participant personally to the depo according to the disciplines.

Drop off bikes on Friday must be done from 4 pm till 11 pm.

7. Supporter

The Single's entry fee includes one supporter per competitor. The Supporter has to be checked-in and accredited together with the participant. No further supporters can be accredited. No supporters will be accredited for the Couples and the Team of Five.

A nontransferable and sealed wristband counts as accreditation for Gigathletes and a supporter accreditation for supporters. Supporters must also comply with the regulations, and they also have to follow the directions and instructions of all the race officials and public authorities. If supporters violate the rules, the Gigathlete they are supporting will be penalized.

8. Supporter / Help from external people

It is not permitted for competitors to be accompanied during the race by a pace maker, supporter or external person with either a car, motorcycle or bicycle, or on foot or otherwise.

During the race, competitors are not permitted to accept food, beverages and objects (such as clothing, shoes, etc.) from supporters or external people outside of the transition zone.

In the event of a breakdown (road bike/ mountain bike, inline) the competitor can accept help from outside, but not from their own team members.

Only Gigathletes with a wristband who are next in line to compete and supporters with a supporter accreditation are permitted to enter the transition zone.

9. Medical service

There will be professional medical service and first aid provided by the organizer through out the whole Gigathlon race. Instructions issued by a race doctor or paramedic must be strictly followed. Race doctors or paramedics are authorized to take a participant out of a race if their health situation or safety is endangered. Competitors who receive first aid treatment can continue the race from the point at which they left it, if the doctor or paramedic allows this.

10. Disclaimer of liability

Gigathletes participate under their own responsibility and at their own risk. The organizer declines any liability for personal injury or damage to property. No claim for liability can be made against the organizer. It is the responsibility of each participant to take out insurance against accidents, illness or theft, as well as a liability insurance.

Each participant has to accept and sign the Gigathlete's declaration when they register for Gigathlon; in so doing, they relieve the organiser and the organiser's ancillary personnel from all liability claims, to the extent permitted by law.

11. Not ending a stage

Singles, one of a Couple or a member of a Team of Five who cannot finish a stage within the set time limit because of an injury or accident are allowed to continue the Gigathlon in the next stage. That team will not, however, be ranked in the overall ranking.

12. Time limit

The organizer issues the time schedule of the race. Each participant is responsible for showing up on time at the start and in the transition zones. Total time of the race is not being paused during the whole race.

13. Equipment

Each participant is responsible for his/her equipment and must make sure that it is in perfect condition and complies fully with the Road Security Rules. During the disciplines of road bike, mountain bike, inline skating and handbike the participants are obliged to wear a helmet all the time. The competitor is also committed to wearing the official starting number for the duration of the race. The starting number must be worn visibly at the specified points.

The accredited supporter must wear the supporter accreditation/vest issued to him/her throughout the entire race. The participants are similarly responsible for wearing sportswear appropriate to the weather conditions – particularly during cold weather, in high mountain sections, or if there is a risk of bad weather. Road cyclists and mountain bikers must make sure that their sportswear protects them against cooling. During very hot weather competitors must apply/wear adequate solar protection, such as sunblock, a cap and sunglasses, and they must take along enough liquids and water.

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If a Gigathlete has to complete a discipline in the dark, he / she is responsible for having correctly mounted lights. Referees reserve the right to remove any participants who are poorly equipped from the race. Headphones of any kind are forbidden during the race.

14. Starting number, timing chip

The given starting numbers must be worn visibly during the competitions at the specialized points. Gigathletes must attach the wristbands to their wrist before going to the check-in. The wristband is personal and has to be worn during the entire Gigathlon. Lack of a wristband will incur a penalty. Participants must wear the timing chip at the ankle throughout the competition. Pre mature removal of a timing chip prevents accurate time measurement. Each Gigathlete is responsible for wearing the timing chip correctly and must make sure that the chip is registered when passing the «special time measuring mats» and passage control.

15. Tents

Singles and Couples will be given a 4-person tent and Teams of Five, two 4-person tents. These tents are already included in the entry fee and remain in the possession of participants after the race.

16. Littering

Participants are responsible for taking care of the environment. A time penalty of 60 minutes will be incurred for littering or leaving objects along the route (such as drinking bottles, clothes, etc.). Food waste may only be thrown away in the waste zone. The end of the refreshment point / waste zone is tagged with a sign. After this, competitors must take their waste to the next refreshment point. Referees will carry out inspections.

17. Prizes, Categories, Prize giving ceremony

Prizes will be awarded for best three competitors in each category (Single Woman, Single Man, Couple, Team of Five). Prizes will not be handed over / shipped later, the winners have to take over the prizes during the official prize giving ceremony.

D. Swimming

18. Wetsuit

It is mandatory to wear a wetsuits, knees and elbows must be covered, hands and feet must be uncovered. If the wetsuit does not comply with these requirements, the swimmer will not be allowed to enter the swimming race.

19. Swimming aids

Artificial aids such as paddles, flippers, snorkels, gloves and shoes or similar are not allowed. Underwater music players are forbidden.

20. Water temperatures / Substitute sections

If the water temperatures are too low or in the event of a storm or thunder and lightning, the swimming sections will be shortened or replaced by a running section:

Swimming courses Saturday:

Water temperature	Distance	Time of start
15 °C and more	whole course	no change
14 - 14.9 °C	1500m	no change
13 - 13.9 °C	750m	no change

Replacement Running course on Saturday:

Water temperature	Distance	Time of start
< 12.9 °C	9,5 km	no change

Swimming courses Sunday:

Water temperature	Distance	Time of start
14 °C and more	whole course	no change
13 - 13.9 °C	750m	no change

Replacement Running course on Sunday:

Water temperature	Distance	Time of start
< 12.9 °C	5 km	no change

E. Road bike / Mountain bike

21. Cycle / Mountain bike equipment

Only cycles and mountain bikes powered solely by humanforce are permitted. Supplementary housings fitted to any parts of the cycle (exception: rear wheel) which improve its aerodynamics are not permitted. Wheels may not contain any component advantaging the drive being applied. They must be constructed in such a way that it is possible to check on this rule.

All Gigathletes are responsible for ensuring that the cycle and mountain bike are in perfect condition and have been checked by a qualified mechanic before travelling to the Gigathlon Czech Republic 2017. The bikes that expect they will compete on Saturday in the dark must have with red back light and white front light.

22. Helmet

The wearing of a functional hard helmet and of the official helmet cover is mandatory.

23. Mandatory wearing of helmets

The wearing of a functional hard helmet and of the official helmet cover is mandatory. Further protective equipment, such as elbow pads, knee pads and wrist protectors are recommended.

F. Inline skating

24. Use of sticks / roller skis

Sticks and roller skis are prohibited on the inline sections. Protectors are recommended.

25. Handbike

The inline skating course can be taken also by a handicapped participant using a handbike.

REGULATIONS 2017 GIGATHLON

G. Running

26. Use of sticks

Sticks are not permitted on the running courses.

H. Violation of rules / protests

27. Referees

Referees will be positioned in order to maintain compliance with the rules. They will take action against any rule violation – they will issue penalties or disqualifications according to the race regulations. The referees are authorized to give instructions and these must be strictly followed.

28. Penalties

Depending on the type and seriousness of the violation, referees can impose the following penalties:

- verbal reprimand
- time penalty
- no classification
- disqualification

The penalty will be communicated to the Gigathlete or the Team Captain via text message and in personal hearing afterwards.

29. Protest

Protests by Gigathletes and supporters against decisions by referees and against other arrangements by the organizers (timing, misdirection, etc.) are to be lodged at the Race Center at Olšina with a 200 CZK deposit being paid. The protest is in principle to be lodged within half an hour after the announcement of the unofficial results, if the referee's decision has not been made yet.

Protest related to the courses or disability of the competitors must be notified before the start of the race. The affected Gigathlet can compete, the decision will be made before the official results announcement. Protests against behaviour or equipment of the other Gigathlet or against the referee has to be given over in the written form 15 min after the his/her finish. Protests against the timekeeper must be delivered to the Sports Director within the 30 min after the unofficial announcement of the results.

30. Start

Saturday – Road bikes, mass start (all categories) at 6:30 am
Sunday – Swimming, chasing start at 7 am. Women's Single, Men's Single, Couple and Team of Five who are less than one hour behind the leaders in their category will take part in the chasing start on Sunday. When Gigathletes start, they will be separated by their respective time differences from the leading competitor in their category.

The Gigathletes with more than 60 minutes time loss will start according to the mass start at 8 am (all the categories).

These times are indicative and can be changed on the basis of weather conditions and other influences.

31. List of penalties

on-permitted accompaniment / support by supporters or externals, Non-permitted discarding of waste

First offence: 60 minute time penalty

Second offence: 120 minute time penalty

Third offence: Disqualification

Non-permitted use of the supporter vehicle / Non-permitted travel and transport in a non-accredited vehicle

First offence: 60 minute time penalty

Second offence: 120 minute time penalty

Third and each further offence: 180 minute time penalty

Breach of the regulations at check-in - Not all team members appearing:

60 minute time penalty per athlete failing to appear

Breach of the regulations - wristband missing / vehicle vignette missing

60 minute time penalty for Gigathlet (even when the offence is caused by supporter)

Other, general breaches of the regulations

- Depending on the severity of the offence, time penalty of 30 min. or more, up to disqualification.
- Passing beyond a railway crossing barrier when down: Disqualification!
- Crossing a safety line: Disqualification!
- Running a red light: Disqualification!
- Completing an incorrect section: Disqualification!
- Altering or theft of Gigathlon signs: Disqualification!

I. Final clauses

These regulations were brought into effect on August 18, 2016 by organizer of the Gigathlon Czech Republic 2017. In the event of contradictions, the Czech version of these regulations will prevail. The regulations are valid for the Gigathlon Czech Republic 2017. Gigathletes will be informed about any addenda or modifications via the official website in the section Gigathlon Czech Republic 2017 at www.gigathlon.com, or the Team Captain will be informed directly via email.

PARTNER



the intelligent sportswear

SAFETY AND FAIR PLAY

2017 GIGATHLON

Throughout the race organizers will ensure expert medical care and first aid. There will be a medical doctor available in the main transition zone (Olšina) who will provide first aid throughout the weekend if necessary. The mountain rescue service can be reached via phone and the Czech Police will oversee together with the organizers the traffic situation. The swim courses will be overseen by the water rescue service.

Competitors are required to respect the regulations of the officials of health care, emergency and police. These officials are entitled to withdraw a competitor from the race at any time if it is due to her/his condition endangering his health and safety. Participants who are treated during the race, can resume racing after treatment, if allowed by the health care / emergency official.

Safety regulations on course – general rules

The race will be held with partial road/course closures only, especially at intersections. On respective roads the race organizers will oversee (at selected hazardous locations), who will be entitled for as long as necessary to stop vehicles when passing racers. Crossing in the opposite direction without the necessary vision (especially when cornering) is unacceptable and will result in immediate disqualification.

IN-LINE COURSE

- Apart from what is mentioned above, the participants should stay alert, the course will not be closed for public.
- Even though participants are racing they should not try to demand right of way and must obey the driving rules. Cars on the road have always right of way!
- Race course includes steep inclines and descents, each participant is responsible to be able to manage those. These places will be properly marked and participants will be informed about necessary slow down before the descents.
- Each participant is required to wear a helmet all the time when racing.
- Wrist, elbow and knee protections are recommended.

CYCLING, MTB A RUN COURSE

- Road bike / cycling will be held without traffic closed on both days. Only intersections will be managed in cooperation with Czech Police.
- During all the race the driving rules of conduct have to be obeyed.
- It is forbidden to shorten the course by any means.
- Participants have to make sure that there is no train coming at the railway intersections. Participant has to make sure that it is safe to cross the railway every time. In case of ignoring the closed bars or red lights at the railway crossings, the participant will be disqualified immediately. Waiting time at the railway crossing is not discounted from the total time.
- Changing into dry functional clothing is recommended before the long road / mountain bike.
- In case of strong thunderstorm with lightnings the participant should quit dangerous areas and drop the bike. The participant should not continue and we recommend to avoid trees, rocks and any high objects.
- For Saturday MTB we recommend to be equipped with lights.
- Gigathletes starting courses after 17:00 have to carry head light and reflex equipment adjusted on a visible place.

SWIM COURSE

- Wetsuit with minimum thickness of 3 mm is mandatory. The wetsuit has to cover whole arms and legs while hands and feet need to be free.
- Swim course will be overseen all the time by rescue motorboats and rescue squad on the lakefront. In case of any danger, the swimmer should try to make sign by waving or by hitting the water with arm or leg.



TIME DEMANDS

2017 GIGATHLON

saturday 2. 9. 2017

discipline	distance	fastest	slowest	time limit of discipline
road bike	91 km	150 min (6:30 - 9:00)	240 min (-10:30)	12:30
swim	3 km	30 min (9:00 - 9:30)	120 min (-12:30)	
run	20 km	80 min (9:30 - 10:50)	180 min (- 15:30)	18:30
inline skate	30,5 km	45 min (10:50 - 11:35)	180 min (- 18:30)	
MTB	53,5 km	120 min (11:35 - 13:35)	240 min (- 22:30)	22:30

sunday 3. 9. 2017

discipline	distance	fastest	slowest	time limit of discipline
swim	1 km	10 min (7:00 - 7:10)	45 min (8:00 - 8:45)	11:45
road bike	57,5 km	100 min (7:10 - 8:50)	180 min (- 11:45)	
inline skate	18,5 km	30 min (8:50 - 9:20)	120 min (- 13:45)	15:15
mtb	20 km	45 min (9:20 - 10:05)	90 min (- 15:15)	
run	9,5 km	30 min (10:05 - 10:35)	90 min (- 16:45)	16:45

All times are just for information.

PARTNER

BORNTO®
SWIM
 ACCESSORIES FOR SWIMMING

STARTER PACKAGE

2017 GIGATHLON

	1*	H	5x
Categories	Red	White	Blue
General Information Guide	1	2	2
Wristband	2	2	5
Helm cover	2	2	3
Swim cap	1	2	2
Stars number - Inline	1	1	1
Stars number - Run	1	1	1
Stars number - Road bike	1	1	1
Stars number - MTB	1	1	1
Chip with band	1	1	1
Meal vouchers	2	2	5
Bidon	1	2	5
Tent	1	1	2



Tent



Chip with



Bidon



Meal vouchers



Swim cap



Helm cover



Wristband



Starts number



PARTNER



MLADÁ FRONTA

ACCREDITATION 2017 GIGATHLON

Accreditation opens on Friday at 2 pm and stays open until 9 pm at Gigathlon central village in Olšina. All the team members need to come together to the registration, an official photo ID must be presented.

After the accreditation the participants pick up their starting packages. The tents that are part of the package will be distributed at the same place.

The timing will be provided through timing chips that will be adjusted to the ankle using a bracelet provided with each chip. Participants get the chips on Friday at the accreditation desk and return them on Sunday after finish. Each participant should make sure that his/her number corresponds with the number that is on the envelope with his/her starting number.

Time limit

If a Single or Couple * racer completes the track after the time limit, that day is eliminated from the race. The following day may continue but out of the ranking. Team of Five contestants are always discharged in mass starts.

*... the start in the Couple category is only allowed if the other person starts the mass start, otherwise Couple is decommissioned and can continue the next day but out of the total ranking.



Chip has to be returned. In case of loss or damage 500 CZK will be paid.



SATURDAY

The race starts with the road cycling at 6:30 am, then the chip is handed over to the swimmer, who hands over to the runner, who is followed by the inline skater and mountain biker. Everyone needs to hand over the chip in the designed area inside the transition zones. After the hand over, the competitor can only continue after adjusting the chip to his / her ankle.

After finishing on Saturday, the participants keep the chip for the swimmer that starts with it on Sunday.

Sunday

Participants start with the "chasing start". First participants from each category who finished within one hour of the category leader will start at 7:00 using the same time intervals from the leader. Mass start for all the remaining participants (having finished more than 1 hour after the leaders) will happen at 8:00.

The chip handing over works the same way as on Saturday. After finishing the last discipline the chip is handed back in the finish area.

PARTNER



2017 GIGATHLON

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transport and logistics



PARTNERS 2017 GIGATHLON

HOST REGION



PARTNERS



MEDIA PARTNERS



CHARITY PARTNER



OFFICIAL APPLICATION



ORGANISER

